MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Whole-Grain Goodness

Volume XVI

The latest US dietary guidelines advise Americans to eat at least three servings daily of whole-grain foods. If you have ever had trouble finding whole-grain foods in your grocery aisle, the Whole Grains Council may have a solution for you. In an attempt to cut through a nutritional dilemma, the Council has developed a stamp system to give consumers a quick way to spot whole grain foods.

Products that contain at least ½ serving of whole grains have a "Good Source" stamp; an "Excellent Source" stamp means the product provides a full serving of whole grains. "100 % Excellent Source" indicates the product contains a full serving of whole grains and includes *only whole grains*.

Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt and rye – when these foods are eaten in their "whole" form.

The dietary guidelines also suggests that eating whole grains has been shown to reduce the risks of heart disease, stroke, cancer, diabetes and obesity.

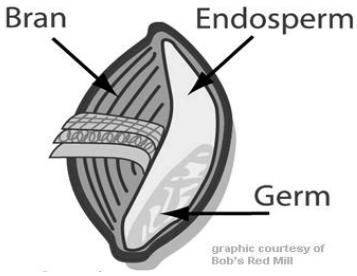
Here is what you need to know to get started:

- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about one slice of bread, one cup of breakfast cereal or ½ cup of cooked rice or pasta.
- Ease into whole-grains - increase amounts gradually. Consider pasta dishes made with whole wheat and regular pasta, mix white rice and brown rice to make rice pilaf, ½ cup whole grain cereal mixed with a more refined cereal.
- Look for whole-grain breads, including whole-grain white breads.
- Look for snacks made with whole-grains. Popcorn, low-fat granola bars and whole wheat pretzels are a few.

Source: Whole Grain Council

Word Wise

Whole-Grain Foods



Whole-grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, lightly pearled and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

Source: Whole Grain Council

Jam & Oatmeal Squares

Ingredients:
2 cup oatmeal
1/2 cup walnuts (optional)
1/2 cup butter or margarine melted
1 cup flour; white
1/2 cup brown sugar
1/2 tsp baking soda
1/2 cup jam (raspberry or strawberry)

Directions:
Preheat oven to 350° degrees. Grease a 9 inch square pan. Combine all ingredients except jam and stir well. Set aside one cup of the mixture. Press the rest of the oatmeal mixture into the pan. Bake 10 minutes, then spread the jam over the cooked oatmeal mixture. Sprinkle the reserved oatmeal mixture over the top of the jam and bake for 20 more minutes or until the top is golden brown. Cool before cutting.
Nutrition: Number of servings 9, calories 390, Fat 18 grams

Source: MSU Extension

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac

Foodborne Illness

Foodborne illness often presents itself as flu-like symptoms such as nausea, vomiting, diarrhea or fever, so many people may not recognize the illness is caused by bacteria in food.

Thousands of types of bacteria are naturally present in our environment. Not all bacteria cause disease in humans. For example, some bacteria are used beneficially in making cheese and yogurt. Bacteria that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. Millions of cases of foodborne illness occur each year. Most cases of foodborne illness can be prevented. Proper cooking or processing of food destroys bacteria.

Age and physical condition place some persons at higher risk. Very young children, pregnant women, the elderly and people with weakened immune systems are at greatest risk from any bacteria. Some persons may become ill after eating only a few harmful bacteria; while others may remain symptom free after eating thousands.

How Bacteria Get in Food

Bacteria may be present on products when you purchase them. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts and melons. Foods, including safely-cooked, ready-to-eat foods, can become cross-contaminated with bacteria transferred from raw products, meat juices or other contaminated products, or from food handlers with poor personal hygiene.

The Danger Zone

Bacteria multiply rapidly between 40°F and 140°F. To keep food out of this "danger zone," keep cold food cold and hot food hot.

- Store food in the refrigerator (40°F or below) or freezer (0°F or below).
- Cook food to 160°F (145°F for roasts, steaks and chops of beef, veal and lamb).
- Maintain hot cooked food at 140°F or above.
- When reheating cooked food, reheat to 165°F. If symptoms (see chart next page) persist or are severe (such as bloody diarrhea, excessive nausea and vomiting or high temperature), call your doctor.

For further information contact USDA Meat and Poultry Hotline, 1-800-535-4555 or www.fsis.usda.gov.

Source: USDA

Check Your Label

The Nutrition Facts food label gives you information about which **nutrients** (say: **nu**-tree-ents) are in food. Your body needs the right combination of nutrients, such as vitamins, to work properly and grow. The Nutrition Facts food label is printed on the outside of packaged food.

Most nutrients are measured in **grams**, also written as "**g**". Some nutrients are measured in **milligrams**, or "**mg**". These numbers are based on eating 2,000 calories in a day, the amount that many school-age kids eat. A calorie is a unit of energy, a way of counting how much energy you would get by eating a certain food.

Nutrition Facts

Serving Size about 45 pretzels (30g)
Servings Per Container about 15

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 23g	8%
Dietary Fiber Less than 1g	4%
Sugars Less than 1g	
Protein 3g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), SALT, CORN SYRUP, MALT, YEAST, BICARBONATE AND CARBONATE OF SODIUM.

Source: USDA

Food Nutrition Hotline

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide testing of pressure canning equipment to county residents. **Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment.** No fee is charged for county residents.

What Do Kids Want?

As the holidays approach, parents may be hearing the refrain "I want, I want, I want..." from their kids more often. Today's kids are the most consumer-oriented in the world. Multi-billion dollar marketing efforts aimed at children of all ages are trying to convince them to spend their own and their parents' dollars on the newest products. The average American child is exposed to 40 hours of commercials every week and the average eight to 13-year-old makes 3,000 requests for products or services a year. Parents and child experts worry that children are being taught that they can't be happy unless they constantly acquire more goods and services. The consumer culture may be undermining our children's well-being: childhood weight problems, AD-HD, electronic addictions, anxiety, substance abuse, increased teasing and bullying and diminished parent-child relationships.

Amid all this discouraging news, there is a bright note. The Center for a New American Dream recently sponsored a national art and essay contest in which they asked kids to respond to the question, "What do you really want that money can't buy?" The answers may surprise you.

They want you. They want your time and attention. They want to depend on you placing high priority on *being* together. They also want:

- ***Family.*** Kids expressed a strong appreciation for the ties of kinship, including extended family.
- ***Free time.*** Kids wrote that their lives seemed to be too hectic; they need time to be kids.
- ***Real friends.*** A connection with a true friend, as distinguished from just being popular.
- ***The experience of nature.*** Many expressed love of animals, trees, spending time in the natural world, hiking or picnicking.
- ***To experience spirituality.*** Kids want to find meaning in their world and long for inner peace.
- ***To make the world a better place.*** Many expressed a willingness/desire to take on the world's problems ...poverty, war and racism. They want to know how to make a difference.
- ***Acceptance and respect;*** to be valued for who they are, not what they look like or wear.
- ***Safety and health.*** They are concerned about substance abuse, serious illnesses, being overweight, violence in their communities.

The list of what is important to kids is a timeless list of what we value in our society. The message really seems to be that things are not nearly as important to our kids as we are led to believe. It is clear from these kids' responses that family/friends are really the source of most of what is fun—and important—in their lives.

Source: MSU Extension Family and Consumer Science Oct-Dec 2005

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Copy cats permitted!

Want to be on our mailing list? Please call!
Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432